

WELLNESS MONTH

Complimentary wellness activities are included.

JULY 2026

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

1
FIT BODIES
8:00 am
Gym Terrace

2
FIT BODIES
8:00 am
Gym Terrace

3
FIT BODIES
8:00 am
Gym Terrace

4
FIT BODIES
8:00 am
Gym Terrace

5
BOX MASTER CLASS
8:00 am
Gym Terrace

6
MORNING YOGA
8:00 am
Gym Terrace

7
TABATA
8:00 am
Gym Terrace

8
BOX MASTER CLASS
8:00 am
Gym Terrace

9
FUNCTIONAL TRAINING
8:00 am
Gym Terrace

10
BODY SCULPT WORKSHOP WITH OLIVIA
6:00 pm
Playabar Garden

11
CACAO CEREMONY
8:00 am
Foyer

12
ACTIVE YOGA
8:00 am
Gym Terrace

13
PICKLEBALL
8:00 am
Pickleball Court

14
PICKLEBALL
8:00 am
Pickleball Court

15
PICKLEBALL
8:00 am
Pickleball Court

16
PICKLEBALL
8:00 am
Pickleball Court

17
PICKLEBALL
8:00 am
Pickleball Court

18
PICKLEBALL CAMP
9:00 am
Pickleball Court
*YOGA 8am Gym

19
PICKLEBALL CAMP
9:00 am
Pickleball Court
*YOGA 8am Gym

20
MORNING YOGA
8:00 am
Gym Terrace

21
TABATA
8:00 am
Gym Terrace

22
BOX MASTER CLASS
8:00 am
Gym Terrace

23
FUNCTIONAL TRAINING
8:00 am
Gym Terrace

24
SOUNDHEALING
8:00 am

25
MEDITACIÓN GUIADA
8:00 am

26
ACTIVE YOGA
8:00 am
Gym Terrace

27
MORNING YOGA
8:00 am
Gym Terrace

28
TABATA
8:00 am
Gym Terrace

29
ACTIVE YOGA
8:00 am
Gym Terrace

30
FUNCTIONAL TRAINING
8:00 am
Gym Terrace

31
SOUNDHEALING
8:00 am



Strength



Elevate Wellness

Balance

